September/October 1994 Volume 19, Number 5

A summary of recent news stories from the University of California San Francisco

UCSF

To Our Neighbors

Baby due soon thanks to new fertility method

After trying to have a baby for four years, Stacie Morales, 34, of Modesto actually welcomes her morning sickness. She and her husband, Ken, are UCSF's first couple to become expectant parents through a revolutionary new method to overcome infertility.

"My husband has a low sperm count and I didn't ovulate regularly," she explains. "So the chances of getting pregnant on our own would've been unlikely."

Developed in Belgium, the technique — called Intracytoplasmic Sperm Injection (ICSI) — involves injecting a single, live sperm directly into the center of a human egg, a method that significantly differs from other types of in vitro fertilization, or IVF, the medical term for fertilization that takes place outside the human body. The fertilized egg, or embryo, is then returned to the woman's reproductive tract.

Since UCSF specialists began the ICSI technique in January, there have been two successfully initiated pregnancies — for the Moraleses and a San Francisco couple. Both pregnancies, although still early, appear healthy and are progressing normally as expected, according to Mary Martin, MD, medical director of the program.

Allen J. Balderson

Expectant mother Stacie Morales with her doctor Carolyn Givens

In standard IVF, thousands to millions of sperm are mixed together with eggs in a glass dish "where they fight it out" for fertilization. But in some cases, fertilization is not achieved with this approach so scientists give extra help through "micromanipulation" techniques, which include cutting the egg's shell so sperm gain entry and injecting a sperm inside the shell.

Established in 1983 by Martin and Robert Glass, MD, UCSF's IVF Program — the first in the Bay Area — produced the first babies a year later. Today, more than 270 babies have been delivered. For further information, call 476-2224.

New center to lead fight against TB

UCSF and San Francisco have become home to a new National Tuberculosis Center. With an annual budget of $2.5 million, the center is made possible by a three-year grant from the federal Centers for Disease Control and Prevention.

San Francisco is one of only three cities nationwide to establish a model TB prevention and control center. The CDC award acknowledges the successful collaboration of clinicians, researchers and health outreach workers between S.F.'s Public Health Department and UCSF.

San Francisco has become one of the hubs for TB because of its high numbers of high-risk individuals, including immigrants, AIDS patients and the homeless.

The center's funding will provide education for clinicians and treatment and prevention services for patients, while allowing visits to the homes, offices and even tents of the homeless to be stepped-up. "This project capitalizes on both the needs and the resources of the city's TB control program and UCSF's expertise in training," says Philip Hopewell, chief of the Pulmonary Division at SFGH.

Dedicated to Francis J. Curry, a leader in TB prevention control and research in the city for over three decades, the new National TB Center is located in the Mission at 3180 18th Street, Suite 101. The telephone number is 502-4600.

Pediatric Day Treatment Center opens

Lisa Cisneros

Cynthia Klein reads to her daughter, Paula, before they go in for an appointment at the Pediatric Day Treatment Center.

Paula Klein of the East Bay was in good spirits when she entered the new UCSF Pediatric Day Treatment Center, a cheerful place painted with hot pink trim and equipped with TVs and toys. After all, she was just passing through.

Diagnosed with T-cell lymphoma of the bone, Paula, age 6, used to stay in the hospital for several days while undergoing a battery of lengthy treatments. Now with the opening of the multipurpose center on the second floor of the Ambulatory Care Center, 400 Parnassus Avenue, she can get what she needs, such as platelet transfusions, and go home.

Part of a growing trend in managed health care to decrease costs and increase convenience for patients, medical centers around the country are reorganizing services in new outpatient facilities that offer multispecialty care. Health care workers from 15 different specialties and several nurses test and treat patients at the center.

Open weekdays from 9 a.m. to 6 p.m., the center can accommodate up to 10 patients at a time for chemotherapy, infusions, hemodialysis and blood drawing for bone marrow transplants, among other treatments.

For further information on the center, call pediatric specialties head nurse Lori Vahey, RN, at 476-1831.

In Brief

280 reasons why you should seek care from UCSF

The spring issue of *Bay Area Consumers CHECKBOOK* lists the best of the Bay Area's specialists in 24 different health fields. The magazine asked roughly 17,000 area physicians who they "would consider the most desirable for care of a loved one." As a result, 280 physicians at UCSF and affiliated hospitals were recommended by their colleagues. For a list of those UCSF physicians, call Public Affairs at 476-2557.

Meanwhile, the UCSF Medical Center was ranked seventh among the country's best hospitals in a new survey by *US News & World Report.* The survey also ranked SFGH as the best center for AIDS care for the third year in a row.

Weekend HIV Urgent Care Clinic

The first weekend and holiday Urgent Care Clinic in the city for people with HIV has opened at SFGH's main hospital building in Ward 4C, 1001 Potrero Avenue. Hours are 9 a.m. to 4 p.m.

Staffed by at least one medical doctor and one nurse practitioner or a physician assistant at all times, the new clinic gives people with AIDS or HIV disease an alternative to long waits in emergency rooms or having to wait to see a physician when they have an urgent but not emergency need, says John Stansell, MD, medical director of the new clinic. Patients with real emergencies should still go to the emergency department for their care. For further information, call 476-0828.

Tracing cancers in families

Research gastroenterologists Neil W. Toribara, MD, PhD, and Kenneth R. McQuaid, MD, are looking for volunteers to help them study the ways cancer and tumors occur in patients and their families. Anyone who has had or has colorectal cancer or who has a family history of cancer may be eligible for the study. A detailed medical history will be gathered and used to draw a family tree to help decide if a family or an individual has an increased risk of cancer due to inherited factors. Heredity is just one component of risk, say the researchers. Diet, exercise and agressively seeking health care information and screening are equally important. For further information, call Sandra Blum, clinical coordinator of the UCSF/Mount Zion Colorectal Cancer Program at the VAMC, at 221-4810, ext. 3400.

Reduced nicotine cigarettes could stop teen addiction

UCSF tobacco researcher Neal Benowitz, MD, has proposed to the Food & Drug Administration a strategy which would cut the nicotine yield of cigarettes by 95 percent over a 10- to 15-year period and thereby prevent teenagers from getting hooked. The proposal would gradually reduce the nicotine content in cigarettes to a point where it would no longer be addictive. While this idea might seem drastic and even cruel to some people, Benowitz, who is located at SFGH, says, he believes it would benefit society as a whole by preventing an entire generation of the nation's youth from becoming addicted to a deadly substance.

More news for you

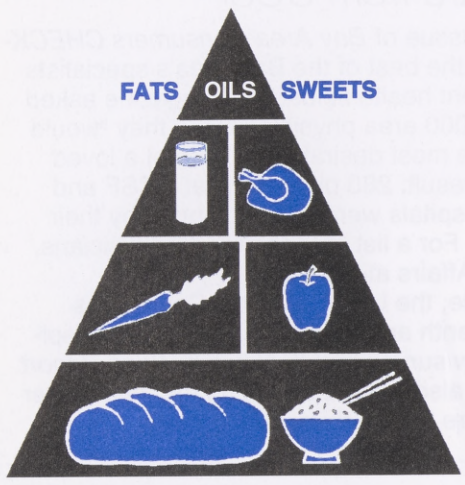
on the back page

What's happening

To Our Neighbors
September/Octob
A bimonthly calen
events at UC San

Special Events

Thurs., Sept. 1
Third Annual Chili/Salsa Cook-Off. Buy a tasting kit to help decide who is the best cook. Sponsored by EMPACT!. $5. Millberry Gym, 500 Parnassus. 11:30 a.m.-1 p.m.



Thurs., Sept. 15
Eating Well. Learn about the new "food pyramid" and ways to lose weight and feel better. Sponsored by UCSF Health Net. Herbst Hall, UCSF/Mount Zion, 1600 Divisadero. 6-7:30 p.m. Call 476-0373.

Tues. & Wed., Sept. 20 & 21
Free Prostate Screenings. Open to all men over 50, and men 40-49 with a family history of prostate cancer or who are African-American. Sponsored by UCSF Dept. Urology. Sept. 20: Uro-oncology Clinic, 5th fl., 2356 Sutter St. Sept. 21: Urology Clinic, 6th fl., 400 Parnassus. By appointment only. Call 476-8789. (See news item on back page.)

Thurs. & Fri., Sept. 22 & 23
Macy's 12th Annual PASSPORT Fall Fashion Show: "FibreOptic." Part of the proceeds goes to UCSF AIDS Programs. Call (510)762-BASS for general information and 476-7082 for VIP tickets and gala information. (See news item on back page.)

Sat., Sept. 24
A Morning on Men's Health. Learn how to achieve and maintain a healthy lifestyle for older men. Sponsored by UCSF/Mount Zion Center on Aging. UCSF/Laurel Heights Conf. Cntr., 3333 California. 9 a.m.-noon. Call 750-4194 for reservations.

Mon.-Wed., Oct. 10-12
Sixth Annual Faculty/Staff Art Show. Sponsored by Millberry Arts & Performances. Millberry Conf. Cntr., 500 Parnassus. Call 476-2542 for details.

Thurs. & Fri., Oct. 13 & 14
Third Annual Women & HIV Update. Clinical conference for health care professionals. Sponsored by SF STD/HIV Prevention Training Cntr. Palace of Fine Arts Theatre, Bay & Lyon. Call 554-9636 to register.

Second Annual Children's Art Show. Sponsored by Millberry Arts & Performances. Millberry Conf. Cntr., 500 Parnassus. Call 476-2542 for details.

Art Exhibits

Hospitals Auxiliary Art Exhibit. On display in the lobby of Moffitt/Long Hospitals, 505 Parnassus, during September and October will be etchings by Claus Sievert and Anne Hoogasian and wildflower screen prints by Hisao Yokota. A portion of all proceeds benefits patients at the Medical Center at UCSF. To purchase or reserve work, call 476-4906.

Mount Zion Community Meetings

An ongoing series of meetings to keep the community apprised of activities of interest and to listen to neighborhood concerns. Next meeting: **Tues., Sept. 27.** Executive Board Rm., 2nd fl., UCSF/Mount Zion, 1600 Divisadero. 7 p.m. Call 476-3206.

Primary Care Hotline

Do you need help choosing a primary care physician at UCSF? The Medical Center at UCSF offers personalized assistance to help you make a choice to suit your personal preferences and geographic needs with primary care physicians available at UCSF Medical Center, UCSF/Mount Zion and the practices at Lakeshore and Daly City. To learn about the full range of primary care options available through UCSF, call 885-7777 weekdays from 8 a.m. to 5 p.m.

Institute of Healing Arts & Sciences

A series of free talks on various alternatives in health care and healing. Held on Fridays at noon in Rm. 721, Nursing Bldg., enter through 521 Parnassus. Call Marie Lehrer at 330-5353.

Sept. 9
Working with Higher Consciousness for Healing.

Sept. 16
Wealth & Health — The Powerful Combination.

Sept. 23
Mandalas, Personal Mythology, Autobiography & Integral Health.

Sept. 30
Awakening Female Power.

Oct. 7
Tantra: Sacred Sexuality. Join sexual and heart energy with the divine to awaken conscious loving.

Oct. 14
The Inner Environment: Physical, Emotional & Mental Energies. Learn how unblocked energy can expedite healing.

Oct. 21
Natural Eyesight Improvement.

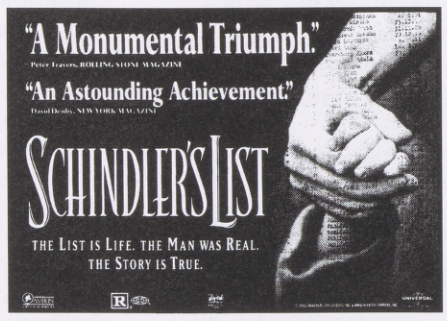
Oct. 28
Anodyne Imagery. An alternative to drug sedation during medical procedures.

Multiple Helpers Outreach Network Support Group. For victims & survivors of violent trauma. Ages 15 & over. Meets on Tuesdays from 10 a.m.-noon and on Wednesdays from 1-3 p.m. in Rm. A222, Langley Porter Psychiatric Institute, 401 Parnassus; and from 7-10 p.m. in Rm. 517, Nursing Bldg., enter through 521 Parnassus. For further information call the helpline at 759-7923, 7 a.m.-10 p.m. daily.

Outdoors Unlimited

Outdoors Unlimited is a cooperative resource center for outdoor recreation and adventure, serving both the UCSF campus and the general public. It provides skills training, equipment rentals, trip planning information and a place to meet others with similar interests. Call 476-2078 for a free brochure.

Cole Hall Cinema



Cole Hall Cinema reopens with an exciting Fall line-up, beginning with *Schindler's List* on Thurs. and Fri., Sept. 22 and 23. Other titles for Fall include *Forrest Gump, Speed* and *Go Fish.* For details, call the Millberry Arts & Performances hotline, 476-2532, after Sept. 1.

Senior Lecture Series

UCSF Medical Group/Seniority Plus presents the following free lectures on Mondays at 10 a.m. Call 476-0373 for more information.

Sept. 12
Prostate Cancer: Early Detection & Treatment. Lakeside Presbyterian Church, 19th Ave. & Eucalyptus.

Oct. 10
Boning Up on Osteoporosis: What You Need to Know About Prevention & Treatment. Herbst Hall, Mount Zion, 1600 Divisadero. (See news item on back page.)

Lakeside Senior Medical Center Talks

Free lectures for seniors held on Wednesdays at 10 a.m. at Lakeside Presbyterian Church, corner of Eucalyptus & 19th Ave., near Stonestown. Call 586-8600 for schedule.

Volunteer Orientation

Program to acquaint prospective volunteers with opportunities available in the Medical Center at UCSF in Langley Porter Psychiatric Institute Auditorium, 401 Parnassus (P), and at UCSF/Mount Zion in Herbst Hall, 1600 Divisadero (MZ). For further information call 476-1196 (P) or 885-7353 (MZ).

Tues., Sept. 13, 5:30-8:30 p.m. (P)
Wed., Sept. 14, 9-11:30 a.m. (MZ)
Tues., Oct. 11, 5-7:30 p.m. (MZ)
Tues., Oct. 11, 5:30-8:30 p.m. (P)
Tues., Oct. 18, 9 a.m.-noon. (P)

Women's Programs

Events sponsored by the Women's Resource Center, unless otherwise noted. Call 476-5222 for locations and to pre-register for workshops.

Thurs., Sept. 1
Child of War: Woman of Peace. An evening with Le Ly Hayslip, the Vietnam war survivor whose story is told in Oliver Stone's *Heaven and Earth.* Also Hiep Thi Le, the actress who portrayed Hayslip. $3-$10. Toland Hall, 533 Parnassus. 7-9 p.m. Call Old Wive's Tales Bookstore at 821-4675 for information.

Tues., Sept. 13
From Ashes to Life: The Story of a Holocaust Survivor. Noon-1 p.m.

Sat., Sept. 17
Workshop: Food Addiction — Learning About Recovery. $20. 10 a.m.-12:30 p.m.

Tues., Sept. 20
Managing Menopause. Learn how to deal with the physical and psychological changes of menopause. Co-sponsored by UCSF Health Net. Langley Porter Psychiatric Institute Auditorium, 401 Parnassus. 6-8 p.m. Call 476-0373.

Tues., Sept. 27
Mental Health? Psychiatric Services for Blacks. Noon-1 p.m.

Thurs., Sept. 29
Women's Resource Center 10th Anniversary Celebration. Help celebrate 10 years of great programs as well as raise funds at the "silent auction." Enjoy a buffet and entertainment. UCSF Club, 500 Parnassus. 4:30-6:30 p.m. Call 476-5222 for details.

Sat., Oct. 8
Workshop: Women's Rites — Awakening the Goddess Within. $25-$45. 1-5 p.m.

Thurs., Oct. 13
Framing Lesbian Fashion. A video documentary exploring how changes in lesbian identity are reflected in dress. Noon-1 p.m.

Sat., Oct. 15
Workshop: Women's Effectiveness in the Workforce. Learn non-defensive communication and how to resolve conflicts assertively and successfully. $45-$60. 9 a.m.-4 p.m.

Sat., Oct. 22
Workshop: Basic Carpentry. $45-$60. Rm. 517, Nursing Bldg., enter through 513 Parnassus. 9 a.m.-4 p.m.

Great Expectations Programs for Parents

The UCSF Birth Center offers special classes & video presentations for expectant parents on Wednesdays, 7-8:30 p.m. Rm. 326, Ambulatory Care Center, 400 Parnassus. Call 476-MOMS for information. Also call for details about San Francisco Mothers of Twins Club.

Sept. 21
Birth Alternatives: Adapting Home Birth Methods to Hospital Birth. Video presentation of *Trusting Nature.*

Oct. 19
Understanding the Dimensions of Childbirth. Video presentation of *Magical Moments of Birth.*

AIDS Programs

Sponsored by UCSF AIDS Health Project. For more information call 476-3902.

Individual Risk Assessments & Referrals. By appointment. Free.

Positives Being Positive. Anonymous support groups in the community for people who have tested HIV positive but have not developed symptoms of AIDS.

Other Support Groups. Drop-in & eight-week facilitated groups for men & women with AIDS or HIV infection, in a risk group or otherwise affected.

Campus Tours

All tours are free and begin at 1 p.m. on Fridays. Meet in the Medical Sciences Bldg. lobby, 513 Parnassus. Sponsored by Campus Tours/Speakers Bureau. Call 476-4394.

Breast Cancer Screening

Women can have low-cost mammograms — X-rays to screen for breast cancer — from a mobile van that travels to convenient Bay Area locations. The procedure takes approximately 20 minutes and costs $60. Your physician's approval is required, plus his/her full name, address & telephone number to assure results are mailed promptly. Appointments must be made at least one month to six weeks in advance. Find out when the van will be in your neighborhood by calling 476-2193 between 9 a.m. and 3 p.m., Monday through Friday. A $60 mammography screening also is available at the UCSF/Mount Zion Medical Center Radiology Department. Call 885-7465.

CPR Training

Sat., Sept. 3
Seventh Annual Save-a-Life Saturday. Two one-hour training sessions at 9 a.m. and 10 a.m. Free CPR training, continental breakfast, health fair and SF Giants tickets for the game that day. Candlestick Park. Call 1-800-GIVE-CPR.

"Save A Heart" Program. CPR classes sponsored by UCSF CPR Center. Suite 370, 3333 California St. Classes are from 9 a.m.-1 p.m. $20. For class schedule, information & registration call 476-1817.

CPR Road Show. Traveling CPR demonstration by volunteer instructors sponsored by the UCSF Center for Prehospital Research & Training. $25. Call 476-8502.

At the Heart of It

At the Heart of It, a cardiac support group for heart patients experiencing fear, anxiety, confusion & stress, is facilitated by a cardiac social worker and a registered nurse. Meets at UCSF/Mount Zion, 1600 Divisadero. For further information call 885-7227.

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Brown Bag Lectures

A series of free lectures held weekly at noon on Wednesdays in Rm. 300, Health Sciences West, enter through 513 Parnassus (P); monthly on Thursdays in Rm. 125, UCSF/ Mission Center Building (MCB), 1855 Folsom St.; and monthly on Tuesdays in Herbst Hall, UCSF/Mount Zion (MZ), 1600 Divisadero. Sponsored by Campus Tours & Speakers Bureau. Call 476-4394.

Sept. 7
403(B): It's Your Retirement Plan — Do You Know How It Works? (P)

Sept. 14
Dyslexia Throughout Life. What can and can't be done about learning disorders. (P)

Sept. 15
Origins of the Health Care Crisis & Alternative Solutions. (MCB)

Sept. 20
Your Bones & Osteoporosis. (MZ)

Sept. 21
Rx for Gambling Fever. More opportunities for gambling mean more casualties. (P)

Sept. 28
The Pursuit of Science & Art. Talk with scientists/artists to decide for yourself whether art and science are mutually exclusive. (P)

Oct. 5
Examining Memory Loss & Dementia. (P)

Oct. 12
What's All the Fuss About Prozac? History of the drug and implications of its growing use for ailments other than major depression. (P)

Oct. 18
Oh, My Aching Back. New treatments for cervical spine disorders. (MZ)

Oct. 19
The Truth About Dental Implants. (P)

Oct. 20
You Can Live 10 Years Longer with Better Health. (MCB)

Oct. 26
Migration of Hazardous Industries to Developing Countries. (P)

Cancer Referral Hotline

The UCSF Cancer Referral Service enables cancer patients to place just one telephone call and learn the names of UCSF doctors specializing in the kind of treatment they need. Call 1-800-888-8664.

Look Good, Feel Better

This program provides expert advice on makeup, wigs & the use of turbans to people who have undergone chemotherapy or radiation and have lost or are losing their hair. Held the first Monday of each month in the 11 Long Solarium, Long Hospital, 505 Parnassus. Co-sponsored by the American Cancer Society and supported by the Donna Smith Fund. Call 476-1383.

UCSF

University of California San Francisco
Public Affairs
3333 California Street, Suite 103
San Francisco, CA 94143-0462

"I was now in the risk zone for vision loss and nerve damage."

Out of Control.

Michael Allison realizes now that for many years he was out of control. Diagnosed with Type 1 diabetes at age 12, he believed that two daily high-dose shots of insulin would get him through the day.

Mood swings and bouts of fatigue were due to a demanding schedule, he rationalized, and not the effects of a blood sugar level that spiked and tumbled dangerously. The 26-year-old fledgling filmmaker, who also works as a locations assistant for movies and commercials, sometimes would nearly faint, then fortify with a cup of juice or a "Power Bar." Last spring, after working more than 12 hours scouting locations for a television series, Michael passed out in his car, which luckily he had just parked. He woke up six hours later and found his uneaten dinner of takeout Chinese food spilled out of the cartons.

Michael had reached a crossroads. He came to San Francisco three years ago to pursue his dream of making films. But the exhausting schedule — consecutive workdays as long as 16 hours — coupled with his diabetes forced him to rethink his lifestyle and future.

At the suggestion of his childhood physician in his native Seattle, Michael came to the UCSF Medical Center, where he saw Dr. Philip Frost. "He was surprised that I hadn't wound up hospitalized," says Michael. "For my age and the number of years I've had diabetes, I was now in the risk zone for vision loss and nerve damage."

Frost suggested that Michael attend the UCSF Diabetes Center's one-week program that teaches diabetics how to manage their disease. Established in 1979 and run in cooperation with the UCSF Department of Family Health Care Nursing and the Medical Center, the center is the longest operating diabetes teaching center in the Bay Area. Its focus is on individualized instruction, and its goal is to keep diabetics out of the hospital and delay or prevent some of the devastating effects of the disease, including blindness, amputation, heart disease, stroke and kidney failure.

Michael enrolled in the program at the end of June. The impact was immediate. Being with nine other diabetics, who shared similar experiences and frustrations, made having the disease less lonely. Michael became eager to tackle his diabetes. "I knew about the complications, heard the lectures and read about diabetes before, but being in the same room with other diabetics, made the information more meaningful," he says.

That many of the center's multidisciplinary staff are diabetic also is a plus, says Michael. Rae Jayne, associate director of the center, is diabetic. She took the course 12 years ago and has been an instructor since. Counselor Wendy Ullman also is diabetic. Nurse educators Linda Parks and Peggy Huang — who along with Jayne are the backbone of the program — are so knowledgeable and understanding, "they could be honorary diabetics," says Michael.

On the first morning of the workshop, all students tested their blood sugar levels, as they would many more times during the week. Michael was surprised that his was very low. Before then he had never monitored his blood sugar. He assumed that if he took his insulin, he did not need to test. Instructors also determined that Michael's habit of storing his insulin in the car's glove compartment reduced the drug's effectiveness by as much as one-half. A cool place, like a refrigerator, would be better, he learned.

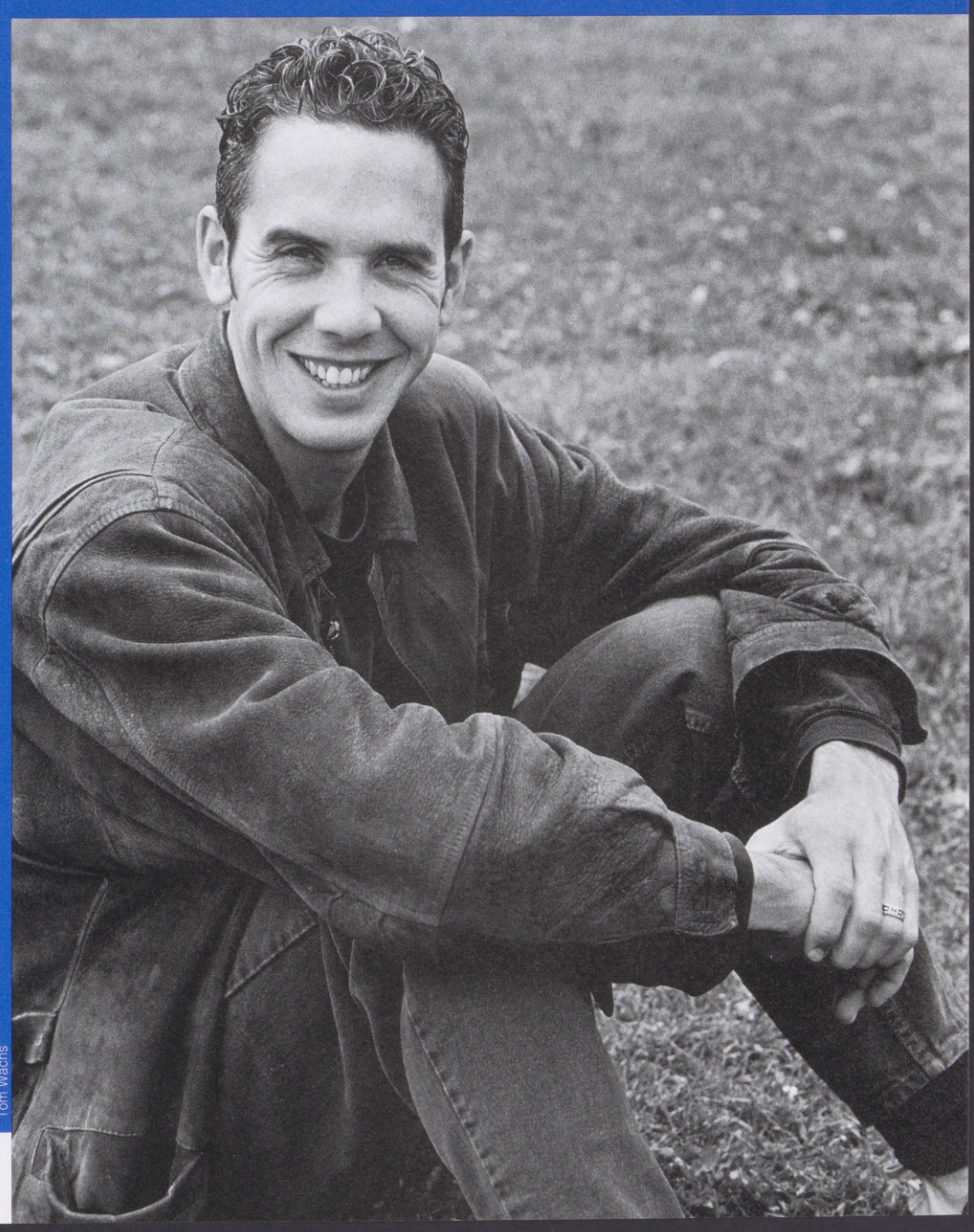
For the approximately 1.4 million sufferers of Type 1 diabetes insulin injections are required because their own pancreases cannot produce the critical hormone that allows the body's cells to absorb the sugar they need to thrive and grow. But as Michael learned the timing and amount of insulin must be balanced with meals, physical activity, and factors that affect metabolism. "If you eat a piece of chocolate cake or have a glass of wine, they help you adjust for that, rather than make you feel guilty."

Today, Michael is a firm believer in blood sugar monitoring. He tests several times a day — more than he needs to, he says. He uses less insulin than before, spreading it over four times a day, before meals — which he is now better at regulating — and once at night.

"The center has educated me and given me the tools to control my diabetes and change my life," says Michael. "The rest is up to me."

— Andy Evangelista

(For more information on the teaching program, call the Diabetes Center at 665-1010).



Tom Wachs

To Our Neighbors
September/October 1994

Center helps diabetics gain control

UCSF's first couple to become parents through new fertility method

National TB Center opens

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To Our Neighbors

The latest news on osteoporosis

It's called osteoporosis — the disease of "brittle bones" — and it afflicts some 15 million Americans, mostly postmenopausal women.

A new UCSF finding shows that it may be possible to prevent or reverse the bone-thinning of osteoporosis by ingesting supplements of potassium bicarbonate, a salt that counteracts the acid produced by animal protein in the diet. While the findings are preliminary and must be confirmed in studies of longer duration, they are nonetheless provocative, suggesting that administering potassium bicarbonate can potentially lower the rate of bone loss and increase the rate of bone formation, says Anthony Sebastian, MD, leader of the study.

In related work, Claude D. Arnaud, MD, director of the UCSF Program in Osteoporosis and Bone Biology at UCSF/Mount Zion, is continuing to study astronauts who suffer mysterious bone weakening during space flight. He has found that Spacelab astronauts develop high blood calcium, indicating that the mineral is leached from bone, contrary to previous belief that normal bone building simply halts.

Meanwhile, Steven T. Harris, MD, of the General Clinical Research Center has found that the drug etidronate can strengthen bones and sharply reduce the risk of spinal fractures in women with the disease. Although still experimental, etidronate offers a potential alternative to estrogen.

Radiologist Christopher E. Cann, PhD, is looking at bones as if they were bridges in a new approach to try to predict who will suffer fractures. Bone density measurements now used to assess risk have only about a 50 percent chance of predicting fracture. Cann and his colleagues are using computed tomography (CTG) to take a 3-D look at how mineral is distributed within a bone, apply the same "load to failure" math modeling engineers use to study the fatigue of bridges and then predict each patient's risk.

At the same time, epidemiologist Steven R. Cummings, MD, and Michael C. Nevitt, PhD, are conducting a study of white women over 65, the group at greatest risk of osteoporotic fractures, to determine risk factors for fractures. Their findings could lead to practice prevention strategies.

And yet another study is being conducted on men at the Veterans Administration Medical Center by research chemist Bernard Halloran, PhD. Volunteers are needed to receive treatment with a hormone that preliminary studies suggest might help stop bone loss and prevent the disease. While osteoporosis is most common in women, about one third of all hip fractures in people over 65 are in men. For further information on the study, call coordinator Kate Miller at 750-6928.

To learn more about osteoporosis, come to two lectures. The first is a Brown Bag Lecture, sponsored by Campus Tours/Speakers Bureau, held on Tuesday, September 20, at noon in Herbst Hall, UCSF/Mount Zion, 1600 Divisadero. The second lecture is entitled "Boning Up on Osteoporosis: What You Need to Know About Prevention and Treatment," and will be held on Monday, October 10, from 10-11 a.m. also at Herbst Hall. The lecture is sponsored by UCSF Medical Group/Seniority Plus.

Macy's PASSPORT to benefit UCSF AIDS Programs

UCSF AIDS Programs will be one of three beneficiaries of Macy's 12th annual PASSPORT fall fashion show Thursday and Friday, September 22 and 23, at Fort Mason Center. The event is entitled PASSPORT '94 "FibreOptic." On opening night there will be a black tie gala with dinner created and prepared by winners of the first Robert Mondavi Culinary Award of Excellence — Elka Gilmore (Elka, Liberte), George Morrone (Aqua) and Nancy Oakes (Boulevard). For general information and tickets call (510)762-BASS. For gala information and VIP tickets call 476-7082.

Free prostate screenings

The UCSF Department of Urology will hold free prostate screenings on Tuesday, September 20, at UCSF/Mount Zion Cancer Center, fifth floor of the Urology-Oncology Clinic, 2356 Sutter St., and on Wednesday, September 21, at the UCSF Ambulatory Care Center, sixth floor of the Urology Clinic, 400 Parnassus. The screenings are open to all men over the age of 50, or men between the ages of 40-49 who either have a family history of prostate cancer or who are African-American. The screenings, to be held during the nationwide Prostate Cancer Awareness Week, will be *by appointment only*. Please call 476-8798.

To learn more about prostate cancer, come to a lecture entitled "Prostate Cancer: Early Detection & Treatment" on Monday, September 12, from 10-11 a.m. at Lakeside Presbyterian Church, 19th Ave. & Eucalyptus. The lecture is sponsored by UCSF Medical Group/Seniority Plus.